



# Abortion Timeline

**Mifepristone + Misoprostol Abortion**

SELF GUIDED ABORTI●N

Share some of  
the reasons you  
are here today.

Why did you choose abortion?

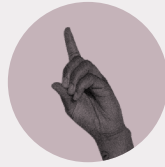
Why did you choose  
to self-manage your  
abortion with pills?

If you built an altar, please  
take a photo of your abortion  
altar here, if you decide to  
add to our abortion archive,  
you can upload it there later.



## Mifepristone + Misoprostol Abortion

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### DAY 1: taking the **mifepristone**

Mifepristone is a hormone blocker that ends a pregnancy. It is swallowed with a glass of water.

#### TAKE NOTE OF THE FOLLOWING:



**Time** Mifepristone was taken:



**Day of the week** mifepristone was taken:



**Date** Mifepristone was taken:



**Details, notes, and observations:**



**Feelings** after taking the mifepristone, how do you feel in your body? In your emotions?



## Mifepristone + Misoprostol Abortion

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**DAY 2 & DAY 3:** taking the **misoprostol** ——— ● ● ●



24-48 hours later, **Misoprostol** expels the contents of the uterus. Bleeding is likely to begin about 6 hours after the first round of Misoprostol.

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### TAKE NOTE OF THE FOLLOWING:



**Number of hours between**  
mifepristone and taking misoprostol:



**Where** will misoprostol be taken?  
(ie: at home, in a hotel room, etc.)



**Pain medications** on hand:

*Take pain medications one hour before taking your misoprostol. Ibuprofen is best for over the counter pain medications.*



## Mifepristone + Misoprostol Abortion

### Which type of administration?

### DOSE 1

### DOSE 2\*

Under the tongue, dissolved for 30 minutes and then swallowed

☐
☐

Tucked into the cheek, dissolved for 30 minutes and then swallowed

☐
☐

Vaginally

☐
☐

**NOTE:** If you live in a country where abortion is illegal, it is not advised to use the vaginal route. If you need medical assistance misoprostol cannot be detected when dissolved in the mouth, but remnants of misoprostol can be detected by medical professionals days after administration.

### TIME TAKEN

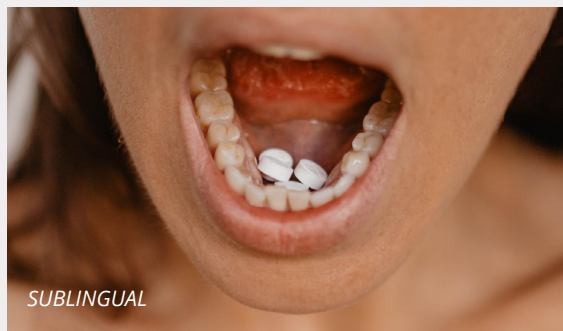
☐ AM ☐ PM

### TIME TAKEN

☐ AM ☐ PM

**\*Second dose of misoprostol for mifepristone + misoprostol abortion:**  
Only necessary in case of emergency if abortion does not complete after first dose of misoprostol. Please consult a doctor or midwife for more guidance. Most abortions will complete with one dose of misoprostol.

only necessary in case of emergency if abortion does not complete after first dose of misoprostol. Please consult a doctor or midwife for more guidance. Most abortions will complete with one dose of misoprostol.



### TAKE NOTE OF THE FOLLOWING:



What was your **experience** taking the misoprostol? How did you feel physically? Emotionally?



How many **hours** after taking the misoprostol did you bleed?



What **emotions** are arising as you bleed?



What **time** did the products of conception release? (what time did the majority of the pregnancy pass?)

## Mifepristone + Misoprostol Abortion

### blood

## What time did the bleeding begin?

**NOTE:** Bleeding can last for up to **two weeks or more** after an abortion

Describe your  
blood flow

START:

HOURL 2

HOURL 4:

HOURL 6:

**DAY 1:**

Light  
Moderate  
Strong

☐  
☐  
☐

☐  
☐  
☐

☐  
☐  
☐

☐  
☐  
☐



Notes, and Observations

**DAY 2:**

Light ☐  
Moderate ☐  
Strong ☐



Notes, and Observations

**DAY 3:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 4:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 5:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 6:**

Light ☐  
Moderate ☐  
Strong ☐

**DAY 7:**

Light ☐  
Moderate ☐  
Strong ☐

## blood

Are you concerned about your bleeding? Are you passing large blood clots? Are you soaking several pads? Do you notice any patterns with your bleeding over these weeks?

**DAY 8:**      Light ☐  
                 Moderate ☐  
                 Strong ☐

**DAY 9:**      Light ☐  
                 Moderate ☐  
                 Strong ☐

**DAY 10:**      Light ☐  
                 Moderate ☐  
                 Strong ☐



Notes, and Observations

**NOTE:**

Bleeding can last for up to two weeks or more after an abortion







## Passing of the Pregnancy

What time did the pregnancy pass?:

Description of what happened when the pregnancy passed & what you observed about the products of conception:

Describe how you disposed of the products of conception:

- toilet
- bury in the ground
- burn
- put in a body of water

We invite you to take a photo of your fetus to add your story and experience to the abortion archive if you so choose. Your voice will help other women better understand what is normal (or abnormal) as they walk through their own self-guided abortion

## day 1 hour 10:

**Describe your Blood flow**

- ☐ Light
- ☐ Moderate
- ☐ Strong



**Notes, and Observations**

## Day 4-10 and beyond: Recovery after abortion

### day 4

How do you feel in your body?

\* Describe any unusual smells or discharge:

Describe your blood flow in the days following the passing of the pregnancy:

### day 5 - 10

**Answer each question each day.** These don't all have to be written down, but keeping a journal can help you identify potential early warning signs and help you communicate to your health care provider when symptoms arose.

How do you feel in your body?

\* Describe any unusual smells or discharge:

Describe your blood flow in the days following the passing of the pregnancy:

#### NOTE:

\* Strange smells or unusual discharge are signs of infection and should be addressed by a medical professional. Other signs of infection include a fever, chills, or flu-like symptoms in the days following an abortion. If pain increases after the pregnancy has passed, seek immediate medical attention.

